

Debra G. Proctor, Wasatch County Extension Agent
Kristine Saunders, FNP Director
Ellen Serfustini, Carbon County Extension Agent
Eileen Milligan, FNP support staff

For more information contact
 Your county Utah State University
 Extension Office.

BEAVER	435-438-6452
BOX ELDER	435-734-2031
CACHE	435-752-6263
CARBON	435-636-3236
DAVIS	801-451-3404
DUCHESNE	435-738-1143
EMERY	435-381-2381
GARFIELD	435-676-1114
GRAND	435-259-7558
IRON	435-586-8132
JUAB	435-623-3451
KANE	435-644-2551
MILLARD:	
Delta (MWF)	435-864-1480
Fillmore (TTH)	435-743-5412
MORGAN	801-829-3472
PIUTE	435-577-2901
RICH	435-793-2435
SALT LAKE	801-468-3170
SAN JUAN	435-587-3239
SANPETE	435-283-7596
SEVIER	435-893-0471
SUMMIT	435-336-3218
TOOELE	435-843-2353
UINTAH	435-781-5452
UTAH	801-370-8460
WASATCH	435-657-3235
WASHINGTON	435-652-5814



In accordance with Federal law and the U.S. Department of Agriculture's policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age religion, political beliefs or disability. To file a complaint of discrimination, write USDA, Director of Civil Rights, Room 326-W, Whitten Building, 1400 Independence Avenue, SW, Washington, D.C. 20250 or call (202) 720-5964 (voice TDD), USDA is an equal opportunity provider and employer.

This project is funded by USDA's Food Stamp Program. The Food Stamp Program provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact your local Extension office or Workforce Services Community Center.

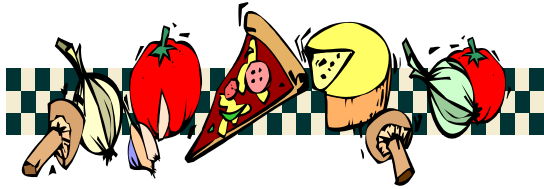
Family Nutrition Program Publication #101



SOS

Soups or Sauces



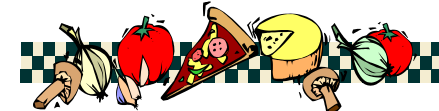


SOUP OR SAUCE (SOS) MIX

Busy cooks are always looking for shortcuts in meal preparation. Making and using Soup or Sauce (SOS) mix from food kept on hand can provide many opportunities for such shortcuts. By using SOS many basic dishes become quicker and easier to make as well as more flavorful.

Things to Know

- SOS mix can be used in a variety of recipes such as soups, gravies, creamed vegetables, skillet meals, and casseroles.
- SOS mix can be substituted for a can of cream soup in any recipe.
- SOS mix saves time if you plan menus.
- SOS mix is fat free.
- SOS mix saves money. Making mix from ingredients kept on hand is less expensive than buying a commercial mix in the store.



Chicken Enchiladas

Ingredients:

- 1 pkg flour tortillas
- 1 lb cooked, diced or shredded chicken
- 1 can (4 oz) green chilies, chopped
- 2/3 cup *SOS
- 2 1/2 cups water
- 1 cup "light" sour cream
- 3/4 cup cheddar cheese, grated

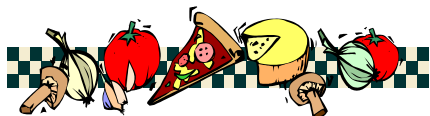
Directions:

Make sauce by combining SOS mix, water and green chilies. Cook and stir on stove top or in microwave until thickened.

Add sour cream to sauce. Cut tortillas in quarters. Line bottom of casserole with tortillas. Add a layer of chicken and a layer of sauce. Top with cheese. Repeat. Bake at 350 degrees for 20 minutes.

Yield: 8 servings

Nutrition Facts per serving: 416Cal 20g Total fat (11g sat fat) 532mg sodium 30g carbo. 1g fiber, 27g pro
Daily Values: 7% vit A; 8% vit C; 26% calcium; 13% iron



Scalloped Potatoes

Ingredients:

4 medium potatoes
 $\frac{1}{2}$ cup *SOS
 1 $\frac{3}{4}$ cup water
 1/4 cup chopped green onion (optional)
 $\frac{1}{2}$ cup grated cheese (optional)

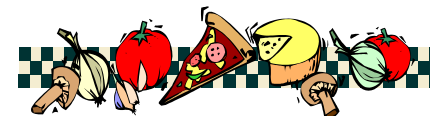
Directions:

Combine SOS mix and water in a small sauce pan and cook and stir until thickened. (Optional- 1 cup sour cream can be stirred into the sauce before it is added to the potatoes).

Thinly slice potatoes and layer one half in a 2 quart over safe dish. Pour $\frac{1}{2}$ of the sauce over the potatoes, $\frac{1}{2}$ of the green onion, and $\frac{1}{2}$ of the cheese. Layer the rest of the potatoes on top. Add the rest of the sauce, onion and cheese. Cover and bake at 350 degrees for 20 minutes. Uncover and continue baking for and additional 55 minutes.

Yield: 8 servings

Nutrition Facts per cup: 106 Cal 2g Total fat (2g sat fat) 146mg sodium 17g carbo. 1g fiber, 4g pro
Daily Values: 2% vit A; 10% vit C; 10% calcium; 2% iron



Soup or Sauce Mix

*SOS

Ingredients:

2 cups powdered non-fat dry milk
 3/4 cup cornstarch
 1/4 cup instant chicken bouillon
 2 Tbs. dried onion flakes
 2 tsp. Italian Seasoning

Directions:

Combine all ingredients in a re-closeable plastic bag, mixing well.

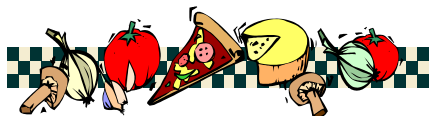
Yield: Equal to 9 cans of cream soup.

To substitute for 1 can of cream soup:

1. Combine 1/3 cup of dry mix with 1 $\frac{1}{4}$ cups of cold water.
2. Cook and stir on stove top or in microwave until thickened.
3. Add thickened mixture to casseroles as you would a can of soup.

Storage

Store in closed plastic bag or air-tight container until ready to use. It does not have to be refrigerated.



Potato Soup

Ingredients:

1/3 cup *SOS
1 1/4 cup cold water
1 cup cooked potato cubes

Directions:

Combine SOS mix with water. Cook and stir on stove top or in microwave until thickened. Add potato cubes.

Nutrition Facts per cup: 140 Cal 0g Total fat (0g sat fat) 397mg sodium 28g carbo. 1g fiber, 7g pro
Daily Values: 0% vit A; 12% vit C; 18% calcium; 3% iron

Mushroom Soup

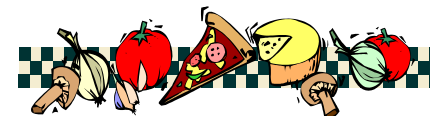
Ingredients:

1/3 *SOS
1 1/4 cup cold water
4 oz. can mushrooms

Directions:

Combine SOS mix with water. Cook and stir on stove top or in microwave until thickened. Add mushrooms.

Nutrition Facts per cup: 27 Cal 0g Total fat (0g sat fat) 207mg sodium 5g carbo. 0g fiber, 2g pro
Daily Values: 0% vit A; 1% vit C; 6% calcium; 1% iron



Tuna Noodle Skillet

Ingredients:

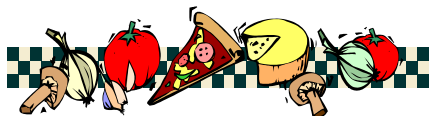
1 can Tuna
3 cups water
1/3 cup *SOS
2 cups uncooked egg noodles
1 cups grated cheese
1 cup peas (frozen or canned)
Potato Chips, crushed

Directions:

In a skillet, add water, SOS mix, cheese, tuna, peas and uncooked egg noodles and stir. Bring to a boil, reduce heat and simmer covered for 15-20 minutes or until noodles are tender. Top with crushed potato chips if desired. Serve immediately.

Yield: 4 -6 servings

Nutrition Facts per cup: 225Cal 9g Total fat (5g sat fat) 432mg sodium 20g carbo. 1g fiber, 14g pro
Daily Values: 7% vit A; 11% vit C; 21% calcium; 8% iron



Potato Skillet Meal

Ingredients:

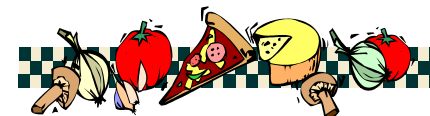
1 lb. ground beef or turkey
2-1/2 cups water
6 potatoes, peeled, sliced very thin
1 cup frozen mixed peas and carrots
2/3 cup *SOS

Directions:

Brown meat and drain off the fat. Add water, potatoes, mixed vegetables and SOS mix. Simmer covered 20-30 minutes or until potatoes are tender. Stir, uncover and cook until excess water is evaporated.

Yield: 4-6 servings

Nutrition Facts per cup: 387 Cal 20g Total fat (8g sat fat)
208mg sodium 34g carbo. 2g fiber, 17g pro
Daily Values: 44% vit A; 22% vit C; 8% calcium; 11% iron



Tomato Soup

Ingredients:

1/3 cup *SOS
1 1/4 cup cold water
2 cups tomato sauce

Directions:

Combine SOS mix with water. Cook and stir on stove top or in microwave until thickened. Add tomato sauce.

Nutrition Facts per cup: 98Cal 0g Total fat (0g sat fat) 1250mg sodium 20g carbo. 3g fiber, 6g pro
Daily Values: 32% vit A; 37% vit C; 14% calcium; 8% iron

Broccoli Cheese Soup

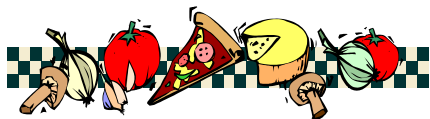
Ingredients:

1/3 cup *SOS
1 1/4 cup cold water
1/3 cup fresh or frozen broccoli
1 cup cheese, grated

Directions:

Combine SOS mix and broccoli with water. Cook and stir on stove top or in microwave until thickened. Add grated cheese and mix until well blended.

Nutrition Facts per cup: 205Cal 13g Total fat (8g sat fat)
500mg sodium 10g carbo. 1g fiber, 13g pro
Daily Values: 16% vit A; 19% vit C; 40% calcium; 3% iron



Homemade Milk Gravy

Ingredients:

2 Tbsp. fat (from meat, margarine, butter or other fat)
1/2 cup *SOS
2 cups liquid (drippings, water, vegetable broth or milk)

Directions:

Remove cooked meat or poultry from roasting pan. Leaving brown residue in pan, pour drippings into a bowl. Allow fat to rise to surface; skim off fat and reserve. (Remaining drippings in bowl are meat juices that should be used as part of liquid in gravy.) Add fat to roasting pan (with brown residue); stir in SOS mix until smooth. Heat until bubbly. Stir in liquid and cook until sauce thickens; continue stirring and cooking 2 or 3 minutes longer, scraping bottom and sides of roasting pan to blend in the brown residue.

Yield: 2 cups

Nutrition Facts per 1/4 cup: 123 Cal 9g Total fat (5g sat fat)
153mg sodium 7g carbo. 0g fiber, 4g pro
Daily Values: 2% vit A; 2% vit C; 13% calcium; 1% iron

Cheese Sauce

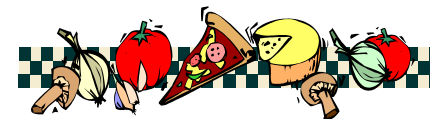
Ingredients:

1/3 cup *SOS 1-1/4 cup cold water 1 cup grated cheese

Directions:

Combine SOS mix with water. Cook and stir on stove top or in microwave until thickened. Add grated cheese and mix until well blended.

Nutrition Facts per 1/4 cup: 80 Cal 5g Total fat (3g sat fat)
210mg sodium 4g carbo. 0g fiber, 5g pro
Daily Values: 3% vit A; 1% vit C; 16% calcium; 1% iron



Chili Tomato Mac

Ingredients:

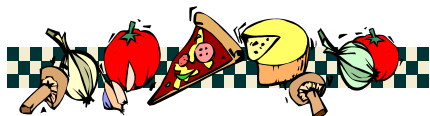
1 lb. ground beef or turkey
1 cups water
1 1/2 cups uncooked macaroni
2 15-oz. cans chopped tomatoes
1 Tbsp. Chili powder
1/3 cup *SOS

Directions:

Brown meat and drain off the fat. Add water, uncooked macaroni, tomatoes, chili powder and SOS mix. Simmer covered 20 minutes or until macaroni is tender.

Yield: 4-6 servings

Nutrition Facts per cup: 418Cal 21g Total fat (8g sat fat)
684mg sodium 155g carbo. 1g fiber, 20g pro
Daily Values: 56% vit A; 88% vit C; 9% calcium; 25% iron



Taco Skillet

Ingredients:

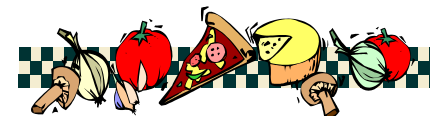
1 lb. Ground beef or ground turkey
 1/3 cup *SOS
 1 1/4 cup cold water
 2 cups tomato sauce
 1 cup salsa
 6 flour tortillas or 8 corn tortillas (6"to8") cut into 1" pieces
 1 cup cheese, grated

Directions:

In skillet over medium-high heat, cook ground meat until browned, stirring to separate meat. Pour off fat. Add water, SOS mix, salsa, tomato sauce, tortillas and stir. Bring to a boil, reduce heat and simmer covered for 15-20 minutes or until tortillas are tender. Top with cheese and allow to melt.

Yield: 6 servings

Nutrition Facts per cup: 485 Cal 29g Total fat (13g sat fat)
 1148mg sodium 32g carbo. 3g fiber, 24g pro
Daily Values: 25% vit A; 28% vit C; 27% calcium; 21% iron



Pizza Sauce

Ingredients:

1/3 cup *SOS
 1/4 cup water
 1 cup tomato sauce
 1/2 tsp. sugar
 1/8 tsp. Garlic powder

Directions:

In a small bowl combine all ingredients, mix well and cook until thick. Spoon sauce onto pizza dough. Sprinkle with mozzarella cheese and other toppings as desired. Bake at 375°F for 18-20 minutes.

Yield: 1 medium pizza

Nutrition Facts per 1/4 cup: 34Cal 0g Total fat (0g sat fat)
 308mg sodium 7g carbo. 0g fiber, 2g pro
Daily Values: 6% vit A; 7% vit C; 6% calcium; 2% iron

Alfredo Sauce

Ingredients:

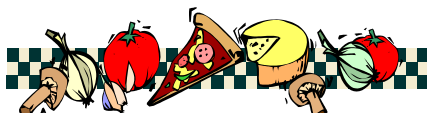
1/3 cup *SOS
 1 1/4 cup water
 1/2 cup low-fat sour cream
 1/4 tsp. pepper
 1/2 cup grated Parmesan cheese

Directions:

In a small bowl combine all ingredients, mix well and cook until thick. Serve sauce over cooked noodles or on pizza

Yield: 1 1/2 cups sauce

Nutrition Facts per 1/4 cup: 95Cal 6g Total fat (5g sat fat)
 275mg sodium 6g carbo. 0g fiber, 5g pro
Daily Values: 1% vit 1; 0% vit C; 15% calcium; 1% iron



Macaroni & Cheese

Ingredients:

1/3 cup *SOS
 1 1/4 cup cold water
 1 cup cheese, grated
 2-3 cups cooked macaroni
 2 Tbsp. bread crumbs (optional)
 1 Tbsp. margarine (optional)

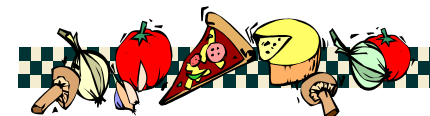
Directions:

Combine SOS mix with water. Cook and stir on stove top or in microwave until thickened. Add cheese to cooked sauce. Add cooked macaroni to sauce.

If desired, place in square baking dish and top with bread crumbs moistened with margarine. Bake at 350 degrees for 15 minutes or until bubbly and golden brown.

Yield: 4 -6 servings

Nutrition Facts per cup: 321 Cal 9g Total fat (4g sat fat) 283mg sodium 45g carbo. 1g fiber, 13g pro
Daily Values: 6% vit A; 1% vit C; 21% calcium; 13% iron



Chicken Broccoli Alfredo

Ingredients:

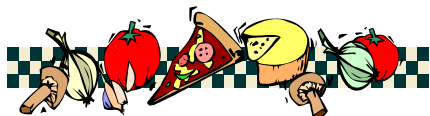
1 1/2 cups Fettuccine noodles
 1 cup fresh or frozen broccoli
 1 lb. boneless chicken breast, cooked (2 breast halves)
 1/3 cup *SOS
 3 cups water
 1/2 cup grated Parmesan cheese

Directions

In a skillet, combine SOS mix, water, cheese and fettuccine noodles. Bring to a boil, cook until thick and noodles are almost tender. Add broccoli and cooked chicken for last 4 minutes of cooking time. Serve with additional Parmesan cheese.

Yield: 4-6 servings

Nutrition Facts per cup: 164Cal 3gTotal fat (2g sat fat) 294mg sodium 16g carbo. 1g fiber, 16g pro
Daily Values: 6% vit A; 24% vit C; 19% calcium; 6% iron



Hamburger Stroganoff

Ingredients:

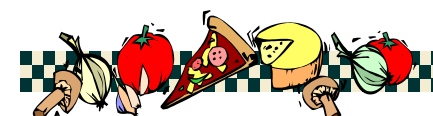
1 lb. Ground beef or turkey
 3 cups water
 1/3 cup *SOS mix
 2 cups uncooked egg noodles
 1/2 cup "light" sour cream or plain yogurt

Directions:

Brown meat and drain off the fat. Add water, SOS mix and uncooked egg noodles and stir. Bring to a boil, reduce heat and simmer covered for 15-20 minutes or until noodles are tender. Top with sour cream or yogurt. Serve immediately.

Yield: 4 -6 servings

Nutrition Facts per cup: 347Cal 24g Total fat (8g sat fat)
 205mg sodium 14g carbo. 0g fiber, 17g pro
Daily Values: 0% vit A; 1% vit C; 7% calcium; 11% iron



Chicken Pot Pie

Ingredients:

1/3 cup *SOS
 1 1/4 cup cold water
 1 cup cooked chicken, cubed
 1 pkg (8-10 oz.) frozen mixed vegetables

Biscuit Topping:

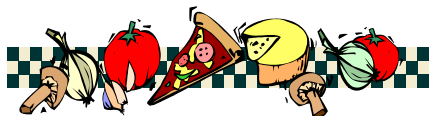
1 egg
 1/2 cup milk
 1 cup baking mix

Directions:

Combine SOS mix with water. Cook and stir on stove top or in microwave until thickened. In 9 inch pie plate combine sauce, vegetables, and chicken. Combine egg, milk, and baking mix. Pour over chicken mixture. Bake at 400 degrees for 30 minutes or until golden brown.

Yield: 6 -8 servings

Nutrition Facts per cup: 196Cal 7g Total fat (2g sat fat) 361mg
 sodium 21g carbo. 2g fiber, 9g pro
Daily Values: 37% vit A; 7% vit C; 16% calcium; 7% iron



Skillet Lasagna

Ingredients:

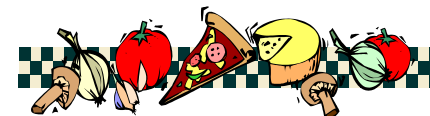
1 lb. ground beef or turkey
1/3 cup *SOS
1 onion, chopped
2 cup water
1 16-oz. Can tomato sauce
3 cups uncooked noodles
1/4 cup Parmesan cheese
2 cups mozzarella cheese, grated

Directions:

In a large skillet, brown meat, crumble, and drain off the fat. Add SOS mix, water, tomato sauce, uncooked noodles, and Parmesan cheese. Bring to a boil. Reduce heat and simmer for 15 minutes, stirring until thickened. Top with mozzarella cheese five minutes before serving; turn off heat, stop stirring and allow cheese to melt.

Yield: 4-6 servings

Nutrition Facts per cup: 474 Cal 28g Total fat (13g sat fat)
883mg sodium 26g carbo. 2g fiber, 29g pro
Daily Values: 20% vit A; 20% vit C; 37% calcium; 17% iron



Cheeseburger Skillet

Ingredients:

1 lb. ground beef or turkey
2 cups water
1 1/2 cups uncooked macaroni
1 16-oz. can chopped tomatoes
1/3 cup *SOS
1/2 cup cheese, grated

Directions:

Brown meat and drain off the fat. Add water, uncooked macaroni, tomatoes, and SOS mix. Simmer covered 20 minutes or until macaroni is tender. Remove from heat, add cheese.

Yield: 4-6 servings

Nutrition Facts per cup: 410Cal 24g Total fat (10g sat fat)
341mg sodium 27g carbo. 1g fiber, 21g pro
Daily Values: 16% vit A; 22% vit C; 16% calcium; 16% iron